

Mental Health

Key Priority Areas

Suicide

Metrics

- Adult suicide rate (Montana Vital Statistics) Baseline: 19.7 per 100,000 Target: 17.7
- Youth suicide rate (Montana Vital Statistics) Baseline: Target: 10% decrease
- Suicide attempts among high school students Baseline: 14.3% Target: 13.6%

Evidence Based Interventions

- Promoting positive connectedness¹
- Focus on vulnerable populations
- Accelerate adoption and adaptation of evidence-based strategies for preventing suicidal behavior (see: <http://www.sprc.org/bpr>)
- Build community receptivity, capacity, and competence to implement evidence-based approaches to the prevention of suicidal behavior.
- Establish partnerships that facilitate dissemination and successful implementation of evidence-based prevention strategies to prevent suicidal behavior in communities.
- Increase funding for behavioral health services

Community Resources

Depression and Anxiety

Metrics

- Percent of adults that report 1 or more poor mental health days in the past month. (BRFSS) Baseline: 36.2% Target:
- Percent of high school students that report symptoms of depression in the last year. (YRBS) Baseline: 29.3% Target:

Evidence Based Interventions

- Mental health benefits legislation, particularly comprehensive parity legislation
- Utilize collaborative care and integrated behavioral health to manage depression and anxiety
- Increase screening for depression for both adults and children
- Clinic-based and home based care management for depression
- Reduce exposure to trauma (ACEs)²
- Increase funding for and access to evidence based treatment like Cognitive Behavioral Therapy and Dialectical Behavioral Therapy

Community Resources

¹ http://www.cdc.gov/ViolencePrevention/pdf/Suicide_Strategic_Direction_Full_Version-a.pdf

² <https://www.healthypeople.gov/2020/topics-objectives/topic/mental-health-and-mental-disorders/ebrs>

- Mandatory reporting
- Primary care providers
- School law/policy
- Public health nurses
- Company policies
- Vaccines for children
- Hospital (inpatient assessment)

Criminal justice and mental health

Metrics

- Percent of jailed inmates in Lewis and Clark County with a mental health diagnosis
Baseline: Target

Evidence Based Interventions

- Increase funding for and access to evidence based programs for individuals with mental illness in the justice system like Forensic Intensive Case Management and Forensic Assertive Community Treatment
- Support establishment of drug courts and other jail diversion programs for non-violent mentally ill and substance abusing offenders

Community Resources